What is Claimed Is:

1. A one-time programming memory element capable of being manufactured in a $0.13\mu m$ or below CMOS technology, comprising:

a capacitor having an oxide layer capable of passing direct gate tunneling current;

a write circuit, including

a first switch coupled to said capacitor, and

a second switch coupled to said capacitor; and

a read circuit coupled to said capacitor,

wherein said capacitor is one-time programmable as an anti-fuse by application of a program voltage across said oxide layer via said write circuit to cause direct gate tunneling current to rupture said oxide layer to form a conductive path having resistance of approximately hundreds of ohms or less.

2. The one-time programming memory element of claim 1, wherein said write circuit comprises:

a first switch transistor connected between a first terminal of said capacitor and a first voltage; and

a second switch transistor connected between a second terminal of said capacitor opposing said first terminal and a second voltage.

- 3. The one-time programming memory element of claim 2, wherein each of said first and second switch transistors has an oxide layer thicker than said capacitor oxide layer.
- 4. The one-time programming memory element of claim 2, wherein said program voltage is equal to a difference between said first and second voltages.
- 5. The one-time programming memory element of claim 2, wherein said read circuit comprises plural read switch transistors coupled to said capacitor.

6. The one-time programming memory element of claim 5, wherein:

when said first and second switch transistors are closed and said read switch transistors are open, one-time programming occurs; and

when said read switch transistors are closed and said first and second switch transistors are open, reading occurs.

7. The one-time programming memory element of claim 1, wherein said capacitor oxide layer is approximately 20Å thick.

8. The one-time programming memory element according to claim 1, further comprising a sensing circuit to sense whether said capacitor is

programmed.

9. The one-time programming memory element according to claim 1,

wherein a charge pump is not required to program said anti-fuse.

10. The one-time programming element of claim 1, wherein said program

voltage applied across said capacitor oxide layer is less than 7 volts.

11. The one-time programming memory element of claim 1, wherein when

said first and second switches are closed one-time programming occurs.

12. The one-time programming memory element according to claim 1,

wherein said capacitor comprises a field effect transistor having source and

drain regions coupled together and to said first switch, a gate coupled to said

second switch and a gate dielectric forming said oxide layer.

13. The one-time programming memory element according to claim 12,

wherein said field effect transistor has a deep N-well design including:

a P-well layer adjacent the source and drain regions;

a deep N-well layer below the P-well layer; and

a P-type substrate below the deep N-well layer.

- 14. The one-time programming memory element according to claim 1, wherein said write circuit comprises a 5-volt tolerant switch of which said first switch and said second switch are each 2.5-volt transistors with gate oxide layers that are thicker than said capacitor oxide layer, and wherein said program voltage across said capacitor oxide layer is less than 7 volts.
- 15. A process, compatible with $0.13\mu m$ or below CMOS technology, for making a one-time programming memory element, comprising the steps of:

forming a capacitor having an oxide layer capable of passing direct gate tunneling current;

forming a write circuit, including the steps of

forming a first switch coupled to said capacitor, and forming a second switch coupled to said capacitor; and forming a read circuit coupled to the capacitor,

wherein the capacitor is one-time programmable as an anti-fuse by application of a program voltage across the oxide layer via the write circuit to cause direct gate tunneling current to rupture the oxide layer to form a conductive path having resistance of approximately hundreds of ohms or less.

- 16. The process of claim 15, wherein said forming a first switch comprises the step of forming a first switch transistor connected between a first terminal of the capacitor and a first voltage.
- 17. The process of claim 16, wherein the forming a second switch comprises the step of forming a second switch transistor connected between a second terminal of the capacitor opposing the first terminal and a second voltage.
- 18. The process of claim 17, wherein each of the first and second switch transistors are formed with an oxide layer thicker than the capacitor oxide layer.

- 19. The process of claim 15, wherein said forming a read circuit step comprises the step of forming plural read switch transistors coupled to the capacitor.
- 20. The process of claim 15, wherein said forming a capacitor step comprises the step of forming the capacitor oxide layer with a thickness of approximately 20Å.
- 21. The process of claim 15, further comprising the step of forming a sensing circuit to sense whether the capacitor is programmed.
- 22. The process of claim 15, wherein said forming a capacitor step comprises the step of forming a field effect transistor having source and drain regions coupled together and to the first switch, a gate coupled to the second switch and a gate dielectric forming the oxide layer.
- 23. The process of claim 22, wherein said forming a field effect transistor step comprises the steps of:

forming a P-well layer adjacent the source and drain regions; forming a deep N-well layer below the P-well layer; and forming a P-type substrate below the deep N-well layer.

24. The process of claim 15, wherein said forming a write circuit comprises the step of forming a 5-volt tolerant switch of which the first switch and the second switch are each 2.5-volt transistors with gate oxide layers that are thicker than the capacitor oxide layer, and wherein said program voltage across the capacitor oxide layer is less than 7 volts.